

Research Proposal: Children obesity in the UK

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Grade Assignment Help

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1.0 Research question

In the UK, childhood obesity has emerged as a serious public health issue. In the country, roughly 28% of children under the age of 15 are either overweight or obese (NHS, 2020). Obesity results in numerous health issues like type II diabetes, heart disease and various malignancies in children (Bendor *et al.*, 2020). This can have a considerable impact on morbidity and mortality. A multimodal strategy that incorporates legislative changes, community initiatives and individual behaviour modification is needed to combat childhood obesity.

Research question
What are the most effective methods for lowering childhood obesity rates in the UK and how can these strategies be modified for various demographics as well as situations?

Table 1: Research question for the proposal

(Source: Author)

The research question specifically addresses the need for evidence-based strategies to effectively lower childhood obesity rates as a Public Health or Social Care Management Policy issue. Children in the UK from impoverished homes will be the subject of particular attention. This topic is crucial because children from underprivileged families are more likely to be overweight or obese. They tend to suffer from the harmful effects of obesity on their health. A multifaceted strategy is required to solve this problem. A strategy is needed that considers individual behaviour modification. It needs to also contemplate the socioeconomic determinants of health like poverty and availability of nutritious foods. This research will identify the most efficient approaches for lowering childhood obesity rates among children from low-income homes. The outcome of the research can help to improve the health outcomes of this vulnerable population.

2.0 Introduction

The research proposal is focused on finding a solution to the children obesity problem in the UK. It will emphasise particularly the children from disadvantaged groups. There are several key areas that this research proposal will aim to address. In the proposed study, childhood obesity in the UK will be examined. The investigation will be done in terms of prevalence rates, long-term trends and socioeconomic status-related differences. In addition, the factors that contribute to childhood obesity in children from underprivileged households will be identified. A survey of the available literature and in-depth interviews with key stakeholders will be used. Additionally, the project will assess the efficiency of programs that aim to influence individual behaviour.

It will further evaluate the competence of community and policy levels to reduce childhood obesity. In addition, it will scrutinise how diverse demographics and environments affect an intervention's efficacy. The goal is to find ways to modify interventions to match the particular needs of various groups. The implications of the research findings for policy and practice will be synthesised. This will aid in the development of evidence-based recommendations. These recommendations will, in turn, assist in the creation of policies and interventions. These policies can help in successfully lowering childhood obesity rates among children from disadvantaged homes in the UK. The study proposal intends to contribute to the establishment of a thorough, evidence-based strategy to combat childhood obesity.

An in-depth examination of childhood obesity in the UK will be provided by this research proposal. It will focus on underprivileged children in particular. The proposal will use a mixed-methods approach to investigate the current level of childhood obesity in the UK. The causes of childhood obesity in underprivileged populations and the efficiency of interventions for lowering rates of childhood obesity will be analysed. Methods for adjusting interventions to different populations and contexts will be investigated. The project will compile the result

of the research together. This will assist in the generation of evidence-based recommendations for policy and practice. This can ultimately improve the health outcomes for children in the UK.

3.0 Background and rationale for the study

Background

Statistical background about children obesity

In the UK, children obesity is a significant public concern. The prevalence rate among children has reached alarming figures in recent years (Nittari *et al.*, 2020). According to data, in 2021, 10.1% of the children belonging to the age group of 4-5 years were obese (Baker, 2023). Out of this figure, 13.6% of children belonged to more deprived backgrounds. As per the same survey, in the same year, 12.1% of the children belonging to the same age group were overweight (Baker, 2023). 23.4% of children in the age group ranging from 10-11 years were obese in 2021. Out of this figure, 31.3% of children belonged to more deprived backgrounds (Baker, 2023). 14.3% of children of the same age group were overweight. As per Figure 1, a fall can be noticed between 2018 to 2021. However, these statistical data are still alarming and signify the need for further research on the topic.

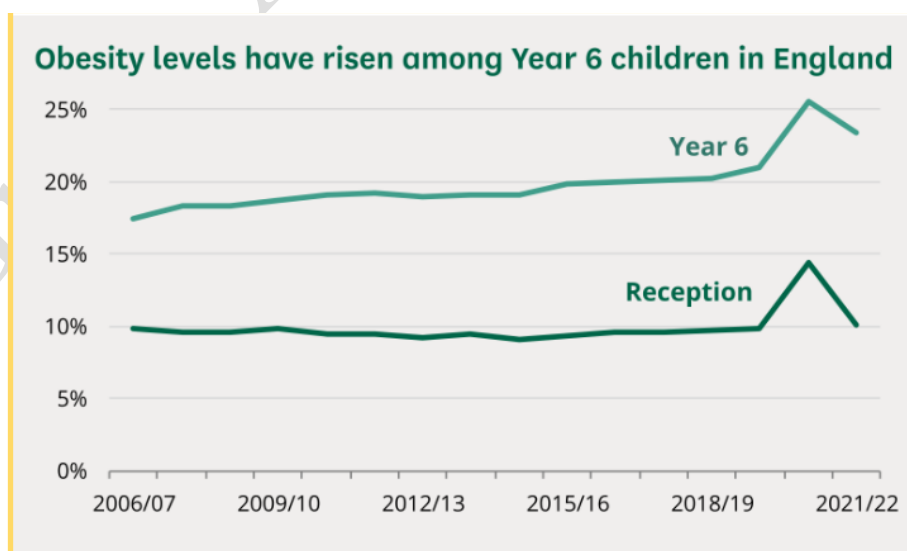


Figure 1: Obesity rate in children in the UK over the years

(Source: Baker, 2023)

Significance of the issue

Long-term and short-term effects of the childhood obesity problem on children's health, as well as well-being, are significant (Norris *et al.*, 2019). Children who are obese are more likely to experience a variety of health difficulties (Kansra *et al.*, 2021). These include type II diabetes, cardiovascular disease, respiratory disorders and psychological problems like depression (Kansra *et al.*, 2021). In addition, obesity in children can cause social exclusion, stigmatisation and low self-esteem (Liamputtong and Rice, 2020). All of these can be detrimental to mental health and general quality of life.

Contextual and Historical Events

In the UK and many other nations, the prevalence of childhood obesity has substantially increased over the past few decades. A variety of social, economic and environmental factors have contributed to the rising problem (Lin and Li, 2021). These factors include dietary changes, an increase in the availability of foods high in energy, sedentary lifestyles and the obesogenic environment. The obesogenic environment refers to the cultural, social, economic and physical aspects that instigate physical inactivity as well as unhealthy eating patterns (Oude Groeniger *et al.*, 2019). These make obesity a ubiquitous problem in the UK as well as worldwide. This suggests the requirement for an evidence-based research study in the field.

Relevant Studies

In the UK, there is a substantial corpus of research on childhood obesity. These researches focus on social determinants of health and health disparities. Research has found that a variety of social as well as economic factors contribute to childhood obesity (Iguacel *et al.*, 2021). These factors include poverty, food insecurity and parental education levels. Additionally, research has shown the value of tackling childhood obesity holistically and

comprehensively (Fischer *et al.*, 2022). This calls for cooperation amongst diverse fields like health, education and community development. Additional research has assessed the efficiency of programs for changing personal behaviour, community interventions and governmental reforms against childhood obesity (Chater and Loewenstein, 2022). A recent systematic review found various successful community-based treatments like school-based programs, neighbourhood-wide campaigns and social marketing initiatives (Burger *et al.*, 2022). All these programs were targeted to lower childhood obesity. The prevalence of childhood obesity may be decreased by a variety of policy reforms, including sugar levies and front-of-pack labelling (Lobstein *et al.*, 2020).

Relevance of other studies with the chosen topic

<i>Elements</i>	<i>Relevance of elements</i>
<i>Determinants of childhood obesity.</i>	Previous research has consistently revealed that childhood obesity is a complicated issue with many variables, including genetic, behavioural and social factors. Studies have shown that children from lower-income families are more likely to be overweight or obese (Lobstein <i>et al.</i> , 2021). It is because they have less access to wholesome foods and secure play areas. Children from higher-income families have more access to wholesome food options and opportunities for physical activity (Lobstein <i>et al.</i> , 2021).
<i>Analysis of intervention to prevent the problem.</i>	Prior studies have examined a variety of programs to prevent and control childhood obesity. These include those based in schools, communities and policies. School-based interventions have been proven to be successful in

	enhancing children's eating and physical activity habits (Bergqvist-Norén, 2022).
<i>Identification of health disparity.</i>	Previous studies have repeatedly demonstrated that certain groups are disproportionately affected by childhood obesity. This group include children from low-income households and those who reside in impoverished areas (Lobstein <i>et al.</i> , 2021). It is essential to identify the causes of these differences and devise strategies to address them.
<i>Provision of the knowledge base for policy development.</i>	Policymakers can create effective public health and social care management policies to lower childhood obesity rates. They can use the prior research on childhood obesity as a solid evidence base (Lobstein <i>et al.</i> , 2020). Policymakers can determine the most promising policy alternatives and their potential impact. They can comprehend the difficulties and chances for implementation by examining this research.

Table 2: Relevance of other studies with the chosen problem

(Source: Author)

All the research and synthesised results can aid in the writing of this research proposal. These researchers can deliver the point as to why addressing the chosen topic is crucial and essential.

Relevance of the issue with appropriate statistical data and qualitative evidence

The proposal has provided suitable comparative statistical evidence to support the Public Health or Social Care Management Policy issue. This is backed by pertinent literature, including the most recent sources. The proposal includes references to numerous research and

papers that emphasise the rising incidence of childhood obesity in the UK. It also emphasises the need for evidence-based interventions that can significantly lower obesity rates. It has provided concrete literature on the financial and social implications of children obesity. As for the qualitative evidence, data from national surveys like the Health Survey of England 2021 was provided in the proposal (Baker, 2023).

Rationale for the study

Importance of the chosen topic to the field of practice

The chosen issue is of significance to the field of practice including Public Health and Social Care Management. It is connected to several health issues as well as social issues in both the short-term and long term.

Health implications of the issue: Type II diabetes, cardiovascular disease, asthma and musculoskeletal diseases are a few of the poor health outcomes linked to childhood obesity (Kansra *et al.*, 2021). Children who are obese are also more prone to experience mental health issues including anxiety and depression (Kang and Kwack, 2020). These may have a long-term negative impact on their general health and well-being. Therefore, combating childhood obesity is essential to fostering healthy growth and lowering the incidence of chronic diseases among UK children.

Social implications of the issue: Children's academic performance, socialisation and general well-being are impacted by several social issues related to obesity. Children who are overweight are more likely to be victims of bullying (Nabors *et al.*, 2019). They face social rejection and have low self-esteem (Bradwisch *et al.*, 2020). All of these have a long-term negative impact on them. The data above has revealed that obesity is a more common problem in children coming from underprivileged homes. Obesity can reinforce cycles of poverty and inequality in the UK.

Policy implications of the issue: A broad strategy is needed to address the complicated problem of childhood obesity. These include legislative initiatives that focus on the social and environmental determinants of health. Children's obesity rates have decreased a little in the UK due to evidence-based measures. These include the implementation of the sugar tax and limitations on marketing unhealthy foods to children (Ngqangashe *et al.*, 2022). Further study is still required to find effective therapies that can lower disparities in the rates of childhood obesity among various socioeconomic groups.

Justification statement

Obesity in children has been found to be a significant risk factor for the formation of several health problems. These include cancer, cardiovascular disease and type II diabetes (Kansra *et al.*, 2021). In the UK, childhood obesity is a growing public health concern. Beyond its negative physical effects, childhood obesity affects children's social and emotional well-being (Bradwisch *et al.*, 2020). It might harm their long-term chances for academic success and financial stability. The topic of the research appeals to the researcher. It's because, in their perspective, combating the issue of childhood obesity is essential to improving children's health and welfare. The researcher has a burning desire to contribute to the creation of evidence-based therapies that can reduce childhood obesity rates.

Additionally, the researcher is curious to compare the prevalence of childhood obesity among children from various socioeconomic backgrounds. It is essential to comprehend the causes of these variations. The incidence of childhood obesity is a topic the researcher is interested in exploring. The researchers also want to investigate the possible impacts of social, cultural and environmental factors on obesity (Jensen and Scanner, 2021). These include the promotion and marketing of unhealthy foods as well as the availability of healthy food alternatives. Additionally, they want to look into how peer pressure and societal standards affect children's eating behaviour.

4.0 Aims and objectives

Aim of the study is

- To understand the design of evidence-based interventions that can successfully lower childhood obesity rates, particularly among children from disadvantaged households.

Interrelationship between aim and research question

The research question pertains to the determination of the most effective methods for reducing childhood obesity in the UK. It is also concerned with ways to adapt those methods to different conditions and demographics. The aim of the research is to create evidence-based programs that can significantly lower the prevalence of childhood obesity. It will particularly target children from underprivileged backgrounds. As a result, the study's aim directly addresses the research question. Its direct relation is highlighted by emphasising the creation of programs to successfully lower children obesity rates. It is further showcased by suitable modifications in these plans to suit various contexts and demographics.

Objectives of the study

Objective	Description
Objective 1	To conduct a critical evaluation of the most recent research on childhood obesity and to emphasise programs that have successfully lowered obesity rates in children from low-income families.
Objective 2	To list the main causes of childhood obesity in the UK, focusing in particular on the social determinants of health.
Objective 3	To create evidence-based programs that can significantly lower the incidence of childhood obesity among children from low-income families.

Objective 4	To determine whether the developed interventions are feasible as well as acceptable within the target community taking into account aspects like cost, accessibility and cultural appropriateness.
Objective 5	To inform future policy related to preventing childhood obesity by disseminating the study's findings to pertinent stakeholders and policymakers.

Table 3: Objectives of the research proposal

(Source: Author)

Interrelation of aim, objectives and research question

The aim and objectives of the proposed study are in alignment with the research question of child obesity in the UK. The objectives are clear, measurable and doable. They correspond to the standards for analytical rigour that are expected at the master's level. The aim of creating evidence-based interventions to lower childhood obesity rates is doable and attainable. A clear framework for achieving this aim is provided by the objectives. The proposed study is, in general, carefully planned to tackle a significant public health issue with rigour and sophistication.

5.0 Methodology

The researcher will conduct secondary research for the proposed study and will use a narrative review design.

Conduction of secondary research for the study

A research method that uses the data and information collected by others is known as secondary research (Newman and Gough, 2020). It will be essential to conduct secondary research for this study proposal. This method will make it possible for the researcher to comprehend the intricate problems of children obesity in great detail. Secondary research

method can be used to find successful evidence-based interventions (Kellehear, 2020). The researcher will examine and critically evaluate the existing literature on the chosen topic. After they have examined the literature, they will be able to identify information gaps about the topic (Kellehear, 2020). They will be able to diagnose contextual, policy and environmental issues related to childhood obesity in the UK. These identified knowledge gaps can be addressed in the proposed study.

The research question seeks to uncover the most effective methods for lowering childhood obesity rates as well as adapting them for different populations and circumstances. This further makes the secondary research method most suitable for the study. There will be no requirement for data collection from primary sources (Kellehear, 2020). Therefore, the researcher will concentrate on analysing and synthesising existing data. Primary research is not used for the study mainly because it is time consuming and expensive (Kellehear, 2020). Secondly, permission and critical discussion are essential prior to opting for this method.

Narrative review design

A narrative review is a type of research methodology that comprises a systematic and understandable overview of existing literature on a given subject (Lib Guides, 2023). In order to find as well as combine pertinent material, this review method relies on the author's knowledge and discretion.

Strengths of the method

<i>Strengths</i>	<i>Description</i>
<i>Flexibility</i>	It provides a flexible method of addressing the complex research question.
<i>Broad overview</i>	It provides the researcher with a broader overview of the topic (Miglianico <i>et al.</i> , 2020).

<i>Identification of knowledge gaps</i>	It has the potential of identifying knowledge gaps in chosen subject matter.
<i>Scope of further investigation</i>	It is useful in the generation of new research questions and hypotheses (Miglianico <i>et al.</i> , 2020).

Table 4: Strengths of the narrative review method.

(Source: Author)

Weaknesses of the method

<i>Strengths</i>	<i>Description</i>
<i>Biases</i>	The method lacks a systematic protocol for selection as well as analysis of existing literature leading to biases (Milglianico <i>et al.</i> , 2020).
<i>Subjective nature</i>	The subjective nature leads to the creation of variability in the interpretation of the data.

Table 5: Weaknesses of the narrative review method.

(Source: Author)

Suitability of the narrative review method for the proposed study

A narrative review will be appropriate for the proposed research study. It will provide for a thorough investigation of the literature on childhood obesity in the UK. It will provide an answer to the research question. The research subject is extensive and complicated. A narrative review will help the researcher find and combine pertinent information from a variety of sources (Snyder, 2019). It will also give the researcher the chance to investigate the efficacy of various strategies for lowering childhood obesity rates across diverse

demographics and circumstances. The researcher will be able to spot gaps and contradictions in the body of existing research work (Snyder, 2019).

Literature search strategy

The proposed study will conduct a thorough literature search in academic and professional databases. It will utilise pertinent keywords, alternative words and Boolean operators.

Search engine: The search engines that will be used for the study are Google Scholar, ResearchGate and WorldWideScience (Joannah, 2022).

Academic and professional databases: The research papers will be accessed from Web of Science, PubMed, Science Direct and Scopus (Paperpile LLC, 2022).

Keywords: “childhood obesity,” “UK”, “intervention strategies,” “impact” and “disadvantaged groups.”

Alternative words: “prevalence,” “obese,” and “overweight.”

Boolean operators: “AND” and “OR” will be used to search effectively using key and alternative words.

Inclusion and exclusion criteria

<i>Inclusion criteria</i>	
<i>Criteria</i>	<i>Justification</i>
<i>Peer-reviewed journal</i>	These journals offer thorough research that is reliable and has been approved by field experts (Linnenluecke <i>et al.</i> , 2020)
<i>Studies released in the previous ten years.</i>	The most recent information on childhood obesity therapies will be provided through recent studies. Recent research will guarantee that the review is

	supported by the most up-to-date data and that the conclusions are pertinent to the current scenario.
<i>Exclusion criteria</i>	
<i>Criteria</i>	<i>Description</i>
<i>Language other English</i>	Other languages will create a problem in the study. Additional resources like translation costs will be included which will be costly.
<i>Research focused on adult obesity</i>	Contrary to adult obesity, paediatric obesity has distinct causes, risk factors and treatments.

Table 6: Inclusion and exclusion criteria

(Source: Author)

Tools used for critical appraisal of identified literature

<i>Name of tools</i>	<i>Reason to use it</i>
<i>Critical Appraisal Skills Programme (CASP) tool.</i>	The quality and validity of both qualitative as well as quantitative studies will be evaluated using the CASP tool (Long <i>et al.</i> , 2020).
<i>Joanna Briggs Institute (JBI) Critical Appraisal Checklist</i>	This tool is specifically made for evaluating various study types. This includes mixed-methods, quantitative and qualitative studies (Munn <i>et al.</i> , 2019). Important topics like study design, sample size, data analysis and ethical considerations are all covered by the JBI Checklist.

Table 7: Tools used for critical appraisal of identified literature

(Source: Author)

Thematic analysis

The identified literature for the proposed study will be analysed utilising the thematic analysis method. It is a technique for finding, examining and disclosing patterns in data. Thematic analysis is a vital tool when using secondary research methods. It will enable the researcher to recognise and synthesise significant themes as well as concepts from a variety of literary sources. It will enable a thorough comprehension of the subject being researched.

6.0 Ethical considerations

Ethical considerations for literature reviewer

Integrity and scholarly responsibility: As a researcher, it will imperative to uphold these values by making sure that all the data acquired is factually correct and accurate (Damasio, 2023). The researcher will need to ensure that the literature review is free from data manipulation or information tampering.

Avoiding data fabrication, falsification and plagiarism: The researcher will need to take care to avoid data fabrication or data falsification in the literature review (Damasio, 2023). Additionally, all literary references will need to be properly mentioned and plagiarism needs to be avoided.

Ethical considerations related to the studies reviewed

The ethical ramification of the findings evaluated will need to be taken into account in a narrative review. The researcher will be responsible for ensuring that the chosen research papers are morally upstanding (Methodspace, 2023). They will require to assure that these papers do not transgress any ethical standards. They need to ensure the confidentiality of any personal details of the subject cohort mentioned in the papers (Methodspace, 2023).

Ethical considerations related to MA discipline

The project is related to Public Health and Social Care Management. The researcher will need to take into account the ethical implications of the research in this principle. The researcher will be responsible for ensuring that the research is carried out morally and that the

conclusions are used responsibly (Rene, 2021). The reviewer will need to ensure that it adheres to the ethical standards of their field like respect for autonomy and beneficence.

Addressing the ethical considerations

The researcher will use reliable sources of information like Google Scholar for the literature review. They will not manipulate any data and information obtained from the existing literature (Kellehear, 2020). They will critically appraise the selected literature to identify any kind of ethical problems. The researcher will report the issue, if any, is identified while conducting the review. They will discuss the issues as well as its implications. Lastly, they will ensure that the research is conducted in compliance with the guidelines of their field. They will assure no rules or guidelines were broken while doing the project.

7.0 Indicative research time-table

A total time of 4 months will be allotted to the research project. A Gantt chart is provided below that will be followed by the researcher for completing the proposed study.

Tasks	Time frame (M= month, W= week)															
	M1				M2				M3				M4			
	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
Selection of topic and background research.																
Development of research question, aim and																

objectives.																
Conduction of literature search.																
Critical appraisal of selected literature.																
Conduction of thematic analysis.																
Summarisation of findings and narrative review.																
Editing and finalisation of narrative review.																
Writing of conclusion and recommendations .																
Submission of the project.																

Table 8: Gantt chart showing the time frame of the research project

(Source: Author)

8.0 Conclusion

The research proposal addresses a crucial problem and the problem is childhood obesity. It is a prevalent health crisis in the UK. Many types of research have been conducted to combat health issues. However, more research will be required in the field to address the issue more comprehensively. At the end of the research, the finding can help formulate effective intervention methods to combat the issue. The report has begun with the formulation of the research question. It further went on to identify the key areas that will be addressed by the research proposal. It has provided a background about the topic. In addition to this, a suitable rationale has been provided in relation to choosing the specific topic for the research. The proposal has further outlined the aim and objectives of the study proposal. A brief explanation has been provided about the interrelationship between the research question, aim and objectives. Moreover, the methodologies that will be used to conduct the research have been explained in detail. The methods that will be used are secondary research and narrative review design. Besides, various ethical considerations that need to be maintained by the research have been delineated. Lastly, a time frame in the form Gantt chart has been provided. The Gantt chart has furnished an overview of the time required for each component of the proposal.

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